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Bangalore Mirror

TEMP Max 29 | Min 18 | Humidity 39% Partly sunny Sensex 81,857 | Nifty 25,175 | Gold 1,58,247 | Silver 3,58,315 | Dollar 91.59 | Euro 109.48 | GBP 126.04

SAFE HOUSE

Activists call for identifying more spaces to keep rescued children if they have to stay overnight

PAGE 2

LIFE SMUGGLED

4 officials stationed at Kempegowda International Airport to prevent smuggling, illegal wildlife trade

PAGE 3

On average, 335 people were injured in road accidents every month in 2025 and with several stretches of roads turning accident-prone due to infrastructure works and traffic congestion, experts call for reliable, foolproof communication channels to reach helpline 108

108 NOT FOUND

Bystanders take accident victim to hospital in cab as network error makes it impossible to get help

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A routine Wednesday commute turned into a reminder of how thin the line between life and death can be. When a bus, a car and a scooter smashed into each other on the Bengaluru–Hosur road, leaving one rider injured bleeding from the ears, bystanders did what they were taught — they dialled 108.

They called twice and both times, the line failed. As ambulances stayed out of reach and network signals flickered in that instance, the Health Minister has said that no solution have been worked out yet for network gaps.

According to traffic police in the past five years since 2021, a total of 21,671 accident cases have been reported and 18,494 people have been injured in Bengaluru. The number peaked in 2023 with 4,974 cases before marginally declined at 4.9% in 2024 and again raised in 2025 by 2.5%.

On average, 335 people were injured every month in 2025. Last year alone, 4,893 accidents were reported, in which 4,272 people

CONTINUED ON PAGE 8 »

Emergency vehicles often struggle to reach accident sites due to heavy traffic

> **Network connectivity is available in nearly 90 percent of locations and while occasional technical issues are unavoidable in some locations, we have no solution for it. However, the 108 emergency helpline remains operational and effectively functional**
>
> — Dinesh Gundu Rao, Health Minister

Age of the hacker

Number of software hacking cases surge by 250% in two years

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Karnataka in general and Bengaluru in particular have been leading in software exports but now Karnataka (mostly Benglauru) are witnessing a sharp rise in software hacking cases over the past two years. Official data reveals that while 25 cases of software hacks were reported in 2023, the number jumped to 39 in 2024 and soared to 87 by November 15, 2025.

However, the proportion of detected cases has been declining, with only 13 identified in 2023, eight in 2024, and a mere five in 2025.

SHOCKING NUMBERS

2023: 25 reported, 13 detected

2024: 39 reported, 8 detected

2025 (till Nov 15): 87 reported, 5 detected

These incidents have not just compromised digital security but have also targeted financial assets. The state government confirmed that hackers exploiting software vulnerabilities to steal money have been arrested and are being investigated under the IT Act. Authorities have frozen the bank accounts of suspects, and any recovered funds are returned to victims as per court orders.

During a recent reply in the legislature, Home Minister G Parameshwara said, "To tackle the growing cyber threat, Karnataka has strengthened its policing infrastructure. A total of 45 dedicated Cyber Crime Police Stations (CCPS), including units in

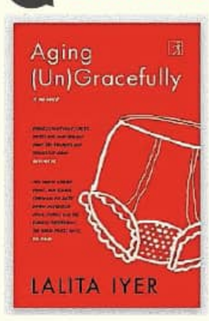
CONTINUED ON PAGE 8 »

THINGS TO DO

01 Jam together

The Drawing Room by Smoke House Deli brings back Wild West Fridays, a celebration of live music, easy conversations and soulful evenings. With layered vocals, Rajni & Adrian will be bringing together blues, pop, jazz and folk in their set. **Where: The Drawing Room by Smoke House Deli, Indiranagar; When: January 30, 8 pm**

02 Book nook



Atta Galatta is hosting a discussion on 'Ageing (Un) Gracefully' by Lalita Iyer, a memoir which reflects on ageing as a moment when women begin to see themselves differently, take stock of friendships, rethink their roles and slowly come into who they really are. **Where: Atta Galatta, Indiranagar; When: January 28, 5 pm**

03 Echoes of love

Faheem Abdullah, the Kashmiri singer-songwriter behind deeply resonant tracks like Saiyaara, Ishq, Ehsaas, and Sajde, whose music has quietly become the soundtrack to longing, love, and introspection for a new generation, is set to perform in a Valentine's Day concert in Bengaluru. **Where: Bhartiya Mall of Bengaluru; When: February 14, 7.30 pm**

04 Music mania

Known for his soulful vocals and heartfelt compositions, Gajendra Verma will be performing live, bringing a night of music, emotions, and memories. **Where: Orion Mall, Rajajinagar; When: February 7, 6 pm**

05 Story time

Ranga Shankara returns with its signature intimate storytelling programme, Little Cloud, packed with an enchanting experience of creativity, laughter and imagination. The sessions are held for children aged 4 to 6 every Saturday and Sunday. **Where: Ranga Shankara, JP Nagar; When: Until March 15, 10 am**

Commission seeks wider network of child shelters

Highlighting instances of children being kept at police stations, KSCPCR urges expanding shelters, suggesting rescued children stay in designated institutions within police jurisdiction

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Recommendations aim to strengthen child protection mechanisms

Child rights activist urges establishment of oversight committees to ensure effective implementation of recommendations, stressing proactive monitoring drives real change and safeguards vulnerable children

The Karnataka State Commission for Protection of Child Rights (KSCPCR) has advised the Secretary for Women and Child Development and Empowerment of Differently Abled and Senior Citizens to identify more organisations across districts and cities to provide overnight shelter for rescued children.

Shashidhar Kosambe, Chairman of KSCPCR, in a letter dated January 27, 2026, stated that he came across children being kept overnight at a police station in Koppal district. "Police officers attached with 1098 or 112 rescue children in distress when they receive a call from the public and take them to the jurisdictional police stations. If the police officers at the jurisdictional police station are needed to attend emergency cases, it will become tough for the staff at the police station to arrange a vehicle to take the rescued children to the child protection centre for rehabilitation," the letter read.

The KSCPCR Chairman stated that, as per norms, a child may be allowed to stay overnight at a Child Care Institution upon a written request from the Child Welfare Police Officer to the Receiving Officer. The application must be supported by relevant documents detailing the circumstances under which the child was appehended or found.

Kosambe suggested that rescued children be allowed to stay at a Child Care Institution, designated residential school, hostel, or women's counseling centre within the jurisdiction of the concerned police station. "I request you to give suitable directions to the authorities concerned to provide rehabilitation for the rescued children," the KSCPCR Chairman said.

In another letter to Karnataka Director General and Inspector General of Police, the KSCPCR Chairman said that he came across Child Welfare Police Officers at a few police stations without required staff. "I request you to appoint the required police officers and staff to assist Child Welfare Police Officers in rehabilitation of rescued children," he said.

Child rights activist Nagasimha G Rao said the recommendation by the Karnataka State Commission for Protection of Child Rights to the Police Department and the Government, to appoint dedicated police personnel for Special Juvenile Police Units and to regulate overnight stay facilities for children, is both appropriate and timely.

"The government and police authorities must treat these recommendations with the seriousness they deserve and implement them promptly to strengthen child protection mechanisms. There is an urgent need to raise greater public awareness of the existence and role of Special Juvenile Police Units (or Child Welfare Police Officers) at every police station, so that citizens know where and how to seek help for child-related issues," said Rao.

Rao said the special police personnel require continuous, specialised training on children's rights, relevant child protection laws (such as the Juvenile Justice Act, POCSO Act, etc), and sensitive handling of cases involving minors. He said the Commission should go beyond issuing recommendations by setting up oversight committees to regularly review and ensure that government departments and police are effectively implementing them. "Without such follow-up and accountability measures, the recommendations risk remaining only on paper, without bringing about real change on the ground. This proactive monitoring will ensure meaningful impact and help safeguard vulnerable children more effectively," he said.

Lalbagh Flower Show sets waste management example

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Despite drawing a massive crowd of over 8 lakh visitors, the Lalbagh Republic Day Flower Show 2026 became a landmark example of sustainable event management. Held from January 15 to 26, the 10-day festival saw 47 metric tonnes (MT) of waste collected, a rise from 28 MT in January 2025 and 18 MT in August 2025. Yet, the event demonstrated how high-footfall urban festivals can still be eco-friendly.

The show, held annually at Bengaluru's iconic Lalbagh Botanical Garden, showcased a colourful display of 32 lakh flowers under this year's theme 'The Journey of Tejaswi', paying tribute to the Indian writer, naturalist, and photographer KP Poornachandra Tejaswi. Visitors enjoyed floral art installations, horticulture displays and vibrant landscapes, all managed with sustainability in mind. The flower show concluded successfully, attracting a total of 8,10,983 visitors. The event collected Rs 2.75 crore, with 5.17 lakh adults, 85,704 children, and 2,08,176 school students attending over the 10 days.

"Plastic bottles were hardly seen this year. They were collected at the entrance, and refill stations with RO water made it easier for visitors to stay hydrated without generating single-use plastic waste," said Smita Kulkarni, Communications Lead, Saahas, the environmental organisation that partnered with the Horticulture Department for waste management.

Sustainability measures for show

Pre-event preparations included designating specific 'food zones' for vendors and ensuring compliance with bans on single-use plastics such as polythene bags, cups, spoons, and styrofoam bowls. Dustbins were strategically placed and arrangements were made for regular emptying.

Kulkarni pointed out that during the event, Saahas volunteers organised themselves into 2 teams. "One team gave awareness to the visitors to not litter on the grounds or pathways and put waste in designated bins. We also got these volunteers to plog for littered plastic/paper waste in the popular areas during the show. The other team was following the collection vehicle to ensure the litter bins are regularly emptied and the segregated waste from food vendors is collected periodically," she said. She said that the team also inspected all the stalls on a regular basis and reported non-compliance to the single-use plastic ban notification to the BBMP Marshalls from time to time.

KAUSHIK JN

Lalbagh flower show attracted more than 8 lakh visitors over 10 days

After the flower show concluded, horticulture staff and Saahas volunteers stayed late to ensure that all litter was cleared and the Lalbagh grounds were left clean and well-maintained. Throughout the event, waste collected by the two vehicles was transported multiple times a day to the dry waste centre, with all data carefully recorded and reported after the show. Additionally, the Horticulture Department managed the flower waste responsibly, sending it for composting or storing it for drying and seed preservation.

Family dispute escalates, both sides lodge complaints

A Kannada television actress, Kavya Gowda, and her husband were allegedly abused and assaulted by her brother-in-law and other family members following a domestic dispute at their residence in Ramamurthy Nagar on Monday night. Kavya lodged a complaint at the Ramamurthy Nagar Police Station on Tuesday, while a counter-complaint has also been filed in the case.

Police said Kavya and her husband, Somashekhar, had been living in a joint family setup with Somashekhar's brother, Nandeesh, his wife Premalatha, and their parents. Tensions reportedly escalated on

Couple alleges abuse by brother-in-law, while similar counterclaims emerge

Sunday night over a domestic disagreement between the two couples, which spilled over into a physical confrontation.

According to a complaint filed by Kavya's sister, Bhavya Gowda, Kavya and Somashekhar were allegedly assaulted during the altercation by Nandeesh, Premalatha and her family members. The accused are also said to have issued criminal threats during the incident.

In a counter-complaint, Premalatha alleged that she and her husband were assaulted by Kavya and Somashekhar, and claimed that her mangalsutra was forcibly snatched during the scuffle. Police have registered cases based on both complaints and are verifying statements from all parties involved. Further investigation is underway. —BMB

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Forest officials strengthen watch on wildlife trade

KFD team, consisting of four deputy range forest officers, stationed at airport to facilitate detection, interception and investigation of wildlife trafficking cases

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Smuggling and illegal trade of wildlife into or through Bengaluru just got tougher.

Starting January 26, the Bengaluru Rural Division of the Karnataka Forest Department (KFD) has stationed four officials at Kempegowda International Airport to prevent such crimes and bring offenders to justice.

The KFD team, consisting of four deputy range forest officers, will work in coordination with the Customs department and swing into action when required.

The step has been taken mainly to reduce the number of illegal imports of exotic animal species in the city, mostly from Southeast Asian countries.

"The officers are deployed at the international airport for airport duty after obtaining the requisite permissions from the Bureau of Civil Aviation Security (BCAS). They will discharge their duties 24X7 throughout the year. This step has been taken after illegal wildlife import of exotic species such as gibbons, snakes, exotic birds, and spiders, have continued at KIA," said Santosh Kumar G, Deputy Conservator of Forests, Bengaluru Rural Division.

The Wildlife (Protection) Amendment Act, 2022, brought significant change in how import of exotic species listed under the Convention on International Trade in Endangered Species of Wildlife Fauna and Flora (CITES) is regulated. It was mandated that owners of such species register them through the Parivesh 2.0 portal and obtain due clearance for the import of these species.

The initiative represents an important step towards safeguarding wildlife, strengthening inter-agency collaboration, and fulfilling national and international conservation obligations.

The deployment of dedicated Forest Department officers at

Move aims to reduce number of illegal imports of exotic animal species in the city (File photo)

Deployment of dedicated forest officers at airport is expected to enhance real-time response and joint action during interceptions involving wildlife

the airport will facilitate close and continuous coordination with Customs authorities for the detection, interception, and investigation of wildlife trafficking cases. This arrangement is expected to enhance real-time response and joint action during interceptions involving wild animals, wildlife derivatives and related contraband.

Earlier, most cases detected at the airport were booked primarily under the Customs Act, which generally resulted in limited scope for comprehensive investigation. With the presence of Forest Department officers, cases can now be directly registered under the Wildlife (Protection) Act, 1972. This will also lead to a detailed investigation, including tracing backward and forward linkages, dismantling organised trafficking networks, and identifying the actual kingpins, rather than restricting action to carriers or couriers.

KFD says this step will strengthen the enforcement mechanism and will improve the detection, investigation, and prosecution of wildlife trafficking cases at Kempegowda International Airport.

Wildlife conservationists and those working towards eliminating wildlife trade say this step by the Forest Department will lead to deterrence. Moreover, a higher number of wildlife trafficking cases at and via KIA will now reach the logical end.

Kumar noted that while Customs has been cracking down on wildlife and forest product trafficking, the department is overburdened with limited staff strength. "It is difficult to follow through on these cases and trace them to the real culprits behind the act. Those caught at the airport are carriers," he explained.

He noted that wildlife exports from KIA have declined significantly due to improved coordination with the Forest Department, though imports of exotic species continue.

The KFD staff stationed at KIA will shortly receive training in the identification and handling of wildlife trafficking cases. The staff strength is also expected to improve.

Rajeev Gowda sent to judicial custody after denial of bail plea

The court on Tuesday rejected the bail plea of Rajeev Gowda and remanded him to 14 days of judicial custody in connection with a case involving alleged threats to the Sidlaghatta municipal commissioner.

The court noted the seriousness of the charges, observing that the nature of the offence justified continued detention. After hearing submissions from both the prosecution and the defence, the judge rejected the bail plea and ordered judicial remand.

Police had sought five days of custodial interrogation, citing the need for further questioning and verification of details linked to the alleged threats. However, the court declined to grant police custody and instead remanded Gowda to judicial custody.

Gowda was produced before the Sidlaghatta court after being arrested following several days in hiding.

Meanwhile, the court granted bail to Accused No 2, Michael Joseph, who was arrested for allegedly harbouring Gowda at a farmhouse in Mangaluru. After hearing submissions from both sides, the judge allowed his bail application, subject to conditions. Further investigation in the case is ongoing. —BMB

HC refuses bail to man accused of terrorism links

The Karnataka High Court has dismissed a bail plea filed by a man accused of being a member of the banned terrorist organisation ISIS, holding that the material on record establishes a prima facie case against him.

A division bench of Justice HP Sandesh and Justice Venkatesh Naik T upheld the order of the National Investigation Agency (NIA) court rejecting bail, observing that the allegations against the appellant indicated active involvement in reconnaissance, arson activities and terror funding with the intention of waging war against the Government of India.

In its order, the High Court noted that forensic evidence recovered during the investigation corroborated the prosecution's case. The court further observed that digital evidence seized from co-accused persons pointed to coordinated planning and execution of arson attacks.

The High Court also took note of the allegation that the appellant received funds through cryptocurrency from an online handler associated with ISIS, which were allegedly used to carry out terrorist activities.

After examining the trial court's reasoning, the bench agreed that the cumulative facts provided reasonable grounds to believe that the accusations against the appellant were "prima facie true."

The appeal challenged the NIA court's refusal to grant bail in a case registered under Sections 120B (criminal conspiracy) and 121A (waging or attempting to wage war against the Government of India) of the Indian Penal Code.

The appellant and other accused have also been booked under multiple provisions of the Unlawful Activities (Prevention) Act, including Sections 16, 17, 18, 20, 38, 39 and 40, along with provisions of the Karnataka State Prevention of Destruction and Loss of Property Act.

According to the prosecution, the appellant, identified as Accused No 4, was radicalised and recruited by Accused No 2, his college mate. As part of a larger conspiracy, he allegedly participated in reconnaissance and arson activities in and around Mangaluru to further the objectives of ISIS.

Investigators have alleged that the appellant facilitated terror funding by sharing cryptocurrency wallet details, converting the funds into cash and handing them over to co-accused persons.

Finding no merit in the appeal, the High Court dismissed the plea and refused to grant bail. —BMB

BWSSB ramps up green power to slash soaring electricity bills

Renewable expansion at sewage plants and Cauvery projects targets savings, sustainability, reduced grid reliance, long term energy security goals

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The Bangalore Water Supply and Sewerage Board (BWSSB) is preparing for a major boost in in-house power generation, aiming to cut soaring electricity costs and strengthen its green energy footprint. Currently producing over 1,000 megawatts across its sewage treatment plants (STPs), the board plans to adopt advanced renewable technologies to further increase output. A BWSSB official said, "We have been prioritising financial self-reliance and are also exploring the commercial use of bio-sludge generated at STPs. The by-product, once treated and scientifically certified, may soon be converted into high-quality fertiliser for sale. Simultaneously, the board is accelerating its shift towards renewable power to reduce dependence on the grid."

At present, BWSSB pays nearly ₹86 crore a month in electricity charges. To lower this burden and improve climate resilience, the board will introduce phased power-generation mechanisms across upcoming STPs, including those planned under the Cauvery Stage VI project.

Green tech takes centre stage

"We have already begun generating electricity through green technology at select sewage treatment plants. Our goal is to scale this up considerably," said a senior BWSSB official, adding that while the board currently pays ₹6.50 per unit, renewable energy can be procured at a significantly lower cost—an option now under active consideration.

Solar power for Cauvery Stage VI

To cut electricity expenditure and maximise sustainability, the board has decided to integrate solar power into the massive Cauvery Stage VI drinking water project. Supported by the World Bank, the project aims to supply 500 million litres of water daily to Bengaluru. With an estimated cost of ₹5,177 crore, the project will draw water from the Krishna Raja Sagar reservoir in Srirangapatna and pump it to the city via the Ramanagara bypass. Monthly power costs are projected at ₹19.13 crore. By shifting to solar power, BWSSB expects to save approximately ₹5.77 crore each month. Under the same World Bank-assisted initiative, 149 STPs will be developed across nine locations. Solar drying technology will be implemented at Chikkabegur, solar panel systems at Saul Kere, and power-generation technology at Anjanapura, an official said.

Current power output

"BWSSB's sewage treatment plants collectively generate nearly 1,400 MW of electricity each month, with Hebbal (100 MLD) contributing about 700 MW, Vrishabhavathi Valley (150 MLD) producing 550–600 units, and the KC Valley plants adding 197.2 MW (60 MLD) and 540 MW (150 MLD). While most of this power supports in-house operations, Vrishabhavathi Valley feeds 45–50 per cent of its output into the BESCOM grid, and the Hebbal unit alone reports a monthly surplus exceeding 65,000 units. Driven by sustainability and cost optimisation, BWSSB is emerging as a leading green energy adopter in the country's water utility sector," the official added.

Facing monthly power costs of ₹86 crore, the utility plans phased solar adoption, bio sludge monetisation, and in house generation across future facilities citywide operations

PUBLIC NOTICE

My client **A.B.Deepak,** S/o Late A.B.Bhakthavatsala Naidu has filed a Suit in O.S.No. 345/2025 against K.Munirathnam Naidu before the Principal Senior Civil Judge, at K.G.F. for a Judgment & Decree of possession of the property mentioned in the schedule. The general public are hereby cautioned not to deal or transact in respect of the property mentioned in the schedule.

SCHEDULE

All that piece and parcel of the building in property bearing V.P. Khata No. 1209, (Old No. 103/2) situated at Bethamangala Village, Bethamangala Taluk and Hobli, measuring East to West 30 feet and North to South 35 feet and bounded as follows:

East by: Property Owned by the Defendant;
West by: Private Property;
North by: KGF - Bethamangala Road;
South by: Private Property.

Sd/- (B.M.HALASWAMY)
ADVOCATE
No. 56, Ahana Apartments,
II Floor, 9th "A" Cross,
12th Block, Kumara Park West,
Bengaluru - 560 020.

Ejipura flyover gets crucial clearance boost

In a major boost to the long-delayed Ejipura flyover project, the Greater Bengaluru Authority (GBA) has secured permission to use land belonging to St John's Institution to construct portal piers, clearing a key bottleneck. Following a meeting recently chaired by GBA Chief Commissioner M Maheshwar Rao, the institution agreed to allow the use of its premises to facilitate the stalled work. Officials said five portal piers are required on the left side of the stretch from Central Silk Board towards Ejipura, near St John's, to push the project forward. Rao said the flyover work is now progressing at a faster pace, and the portal piers will be constructed along the footpath and a portion of St John's compound wall. He directed senior officials to expedite the Transferable Development Rights (TDR) process for the land required to build the ramp and to begin construction immediately after the handover. — BMB

Pink Line metro tests in full swing

Trial runs of the prototype metro train supplied by BEML are progressing at a fast pace on Namma Metro's Pink Line, with testing underway on the 7.5-km elevated stretch between Kalena Agrahara and Tavarekere on Bannerghatta Road. According to BMRCL officials, trial operations are being conducted daily from 9 am to 7.30 pm to assess safety, performance and operational readiness ahead of commercial services. Engineers are closely monitoring the train's propulsion systems, power efficiency, braking standards and overall stability, with traction and brake tests being carried out at varying speeds. These trials are scheduled to continue until February 15.

A BMRCL official said, "After this phase, further checks related to oscillation, signalling, electrical, and telecommunication systems will be taken up, with testing likely to continue until mid-April. Once internal assessments are completed, inspection teams from the CMRS will conduct statutory checks and submit reports, following which the Centre is expected to issue safety certification." Officials said the target is to begin commercial operations on the Kalena Agrahara–Tavarekere stretch by May. The 21.56-km Pink Line, stretching from Kalena Agrahara to Nagawara, includes 7.5 km of elevated and 13.76 km of underground sections, with 17 stations in total. While work on the first five stations is nearing completion, the entire corridor is expected to become operational by December. — BMB

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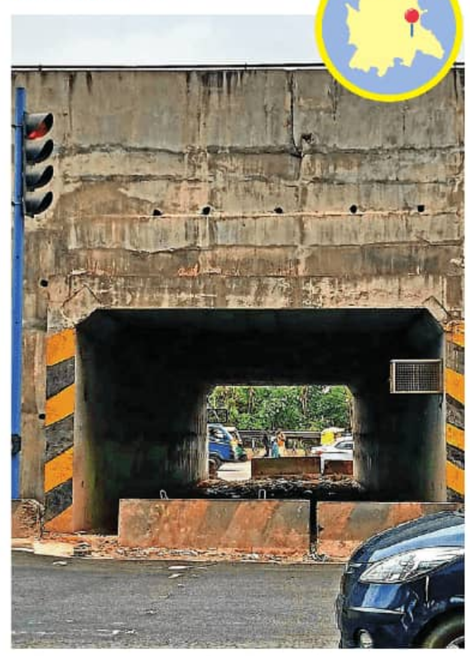
Playground removed

Benson Town

Children's play area at Neeladri Mahal II replaced by a transformer; residents await BESCOM's safety clearance.

Tunnel neglect

Madavara



Unhygienic pedestrian tunnel forces risky road crossings; authorities remain inactive.

Tree overgrowth

KR Market

Trees near KR Market's back gate grow unchecked amid GBA neglect.

Housekeeper involved in massive heist

In a major daylight theft, thieves looted gold, silver, and cash worth an estimated ₹18 crore from a businessman's Yamalur residence on January 25, exploiting a brief window of just three hours and 38 minutes.

According to the complaint, the businessman and his family left their house around 9 am to attend a relative's land worship ceremony at H Cross.

At 12.38 pm, Ambika, the cook, reported Dinesh and his wife Kamal had fled. Upon returning, the family found a ground-floor locker forced open with an iron bar, with nearly 10 kg of gold and diamond ornaments missing.

Another first-floor locker was also broken, with about 1.5 kg gold, nearly 5 kg silver, and ₹11.5 lakh in cash stolen. The accused had joined through an agency just 20 days prior and were allegedly tracking the family's movements before striking. **BMB**

Naked man accosts, terrifies woman in car

A A sexual harassment case has been registered after a woman health professional alleged that she was harassed by a completely naked man who approached her in a car while she was returning home from work, police said.

The incident occurred on January 24 but came to light after the woman shared a video describing her ordeal on Instagram.

In the clip, she appears visibly shaken and distressed while recounting the incident.

According to police, the man, driving unclothed, repeatedly called out to her and moved the vehicle toward her, causing fear. She sought help from passersby, but no one intervened.

The case was taken suo motu after a Hebbagodi police constable noticed the viral video.

A case under Section 75 of the Bharatiya Nyaya Sanhita has been registered. **BMB**

Swift police action saves lost child

On January 26, metro staff noticed a three-year-old child alone at Lalbagh Metro Station, under Siddapura Police Station limits, and immediately alerted Namma-112. Namma-112 personnel promptly relayed the information to a Hoysala-139 patrol on duty.

Assistant Sub-Inspector Suresh and Police Constable Santhosh Kumar reached the spot within five minutes, secured the child, and brought the toddler to the police station. The officers comforted the child and initiated efforts to trace the parents.

They were asked to come to the police station, where the child was safely reunited with them. The incident underscores the alertness and swift response of the Bengaluru City Police under the Bengaluru Safe City Project, ensuring child safety and family reunification. **BMB**

Travel operators seek toll relief for city commuters

Greater Bengaluru expansion exposes toll inequities, forcing daily commuters to pay high charges for short-distance travel into city

The Karnataka State Travel Operators Association (KSTOA) has urged the State government to reduce the toll burden on commuters entering Bengaluru, stating that the expansion of the city under the Greater Bengaluru framework has rendered existing toll plaza locations unfair for daily travellers.

In a representation addressed to Deputy Chief Minister DK Shivakumar, who also holds the Public Works portfolio, the association said residents of both Bengaluru Urban and Bengaluru Rural districts are being forced to pay disproportionately high toll charges even for short-distance travel into the city for work, education, healthcare and business purposes.

"Residents of both Bengaluru Urban and Rural areas are compelled to pay higher toll charges compared to other districts, even for short daily travel into the city," the association stated in its letter.

The travel operators pointed out that following the formation of Greater Bengaluru, the city's administrative boundaries have expanded considerably, bringing several toll plazas to within 10 km of the urban limits. Under existing norms, toll exemptions are generally applicable within a 20 km radius of city areas. "In this context, collecting toll at the very entry points of the city raises serious concerns about fairness and equity," the association noted.

Rising fuel costs and congestion worsen financial stress for commuters

BangaloreMirror
High toll frequency in Bengaluru raises costs for daily commuters
City hosts densest toll cluster in Karnataka, hitting residents and commercial vehicles alike
Urban Congestion
Recent Parliament data reveals Bengaluru Urban and Rural districts house 13 toll plazas over 236 km, far outpacing other districts. Daily travellers on short stretches pay repeatedly, increasing commuting costs, while surrounding districts with longer highways operate fewer plazas.
BM reported on Jan 25 that city has highest density of toll booths in state

According to KSTOA, the Bengaluru region currently has 13 toll plazas spread across approximately 236 km of tolled highways, making it the district with the highest toll plaza density in Karnataka

According to KSTOA, the Bengaluru region currently has 13 toll plazas spread across approximately 236 km of tolled highways, making it the district with the highest toll plaza density in Karnataka. By comparison, districts such as Belagavi, Chitradurga, Tumakuru and Hassan have longer stretches of tolled highways but fewer toll plazas, resulting in lower cumulative toll payments for commuters.

The association highlighted that daily commuters to Bengaluru, particularly workers and middle-class families, are already grappling with traffic congestion, rising fuel prices and significant loss of productive time. "Repeated toll payments further increase their financial stress," it said. Stressing that infrastructure policy must keep pace with urban growth, the association said, "The city has expanded, the administrative structure has changed, and Greater Bengaluru is now a reality. Toll policy must also reflect this new urban reality."

As a solution, KSTOA proposed relocating toll plazas farther away from the city's boundaries. The association, led by its president K Radhakrishna Holla, has sought government intervention to review toll plaza locations around Bengaluru and initiate corrective measures in the interest of public welfare. **BMB**

Govt opens a-khata door for b-khata

In a major relief to property owners, the state government has approved the issue of A-Khata to sites and buildings holding B-Khata in unauthorised layouts developed in violation of the Karnataka Town and Country Planning Act, 1961, subject to strict conditions.

Following a cabinet decision, detailed guidelines have been issued to bring such properties into the legal framework, curb the unchecked growth of unauthorised layouts in urban areas, and strengthen the financial base of urban local bodies.

Earlier, legal hurdles had prevented the transfer and regularisation of these properties, but the new order seeks to address long-standing issues in the larger public interest. Lands recorded as agricultural must be converted for non-agricultural use under the Karnataka Land Revenue Act, 1964, after payment of the prescribed fee.

The rules apply to sites sold or subdivided through registered documents executed before September 10, 2024. However, buildings constructed in violation of government norms will remain under B-Khata status. **BMB**

Tech corridor to get world-class road

The Greater Bengaluru Authority (GBA) has decided to comprehensively redevelop the KR Puram–Silk Board stretch of the Outer Ring Road, Bengaluru's busiest technology corridor, under a special infrastructure project.

This includes five to six lakh technology professionals and close to four lakh vehicles, making it one of the city's most heavily used arterial roads. During peak hours, commuters often take between one and one-and-a-half hours to travel the corridor, with frequent gridlocks doubling travel time. Despite repeated interventions by civic agencies and traffic police, congestion has continued, prompting the state government to back a large-scale redevelopment plan aimed at providing long-term relief.

A senior GBA official said the project will be executed in two packages at an estimated cost of Rs 450 crore. The plan includes obstruction-free carriageways, service roads, footpaths, underground utility ducts, bus bays, and a complete ban on roadside parking, with funding proposed in the 2026–27 state budget. **BMB**

Almost 50% of Karnataka forests now highly fire prone

Over thousand alerts in days, many unexplained, buffer zones burning, community engagement crucial for sustainable prevention across forest landscapes statewide

Bangalore Mirror Bureau
mybangaloremirror@timesofindia.com

TWEETS @BangaloreMIRROR

Thousands of intentional and accidental fires expose weak prevention, despite costly fire lines and protection efforts.

Early year surges show human driven fires dominate, highlighting urgent need for cooperation, accountability, and smarter prevention strategies statewide from government and local communities before next dry season begins arrives

More than half of the total forest area in Karnataka is prone to forest fire. Data from the Karnataka Forest Department shows that while the state has 40,678.21 square kilometres under various types of forest cover, 22,178.84 square kilometres — nearly 55 per cent — are classified as sensitive to forest fires. Between April 2024 and March 2025, about 3,248.32 square kilometres of forest area were affected by fire across 9,670 incidents. During the same period, the department spent ₹4,423.26 lakh on fire protection measures.

Wildlife activists point out that most forest fires in Karnataka are man-made. "While the department has undertaken preventive measures such as creating fire lines, incidents triggered by disgruntled villagers continue. There is a lack of trust between forest officials and local communities. Building better rapport with villagers is essential," said an activist. The department has also recorded 625 fire cases caused by careless or accidental actions by outsiders, including forest workers, purchasers of forest produce, villagers, travellers, railway engines and lightning. Another 340 incidents originated during departmental fire conservancy operations.

Intentional fires accounted for 2,720 cases, including 103 that were maliciously set. Five incidents were linked to people setting fire to obtain fresh grass. However, the largest share — 2,610 incidents — were attributed to unknown causes.

Earlier, BM had reported a sharp spike in forest fire alerts. Between January 1 and January 15 alone, 1,056 fire alerts were recorded, of which 679 were inside forest areas and 377 in buffer zones. The department said action was taken in the majority of cases.

Officials said increased use of satellite-based monitoring and ground patrols has helped in faster detection of fire outbreaks. However, they acknowledged that prevention remains a challenge, especially during peak summer months, when dry vegetation and high temperatures significantly raise the risk of large-scale fires.

Lingering viruses grip Bengaluru, patients sick for weeks

Doctors warn evolving viral strains and weaker immunity are prolonging recovery beyond typical seasonal infection timelines

Iffath Fathima
iffath.fathima@timesofindia.com

TWEETS @BangaloreMIRROR

Hospitals across the city are seeing repeat visits for fatigue, cough and body aches, as multiple viruses circulate and slow healing becomes the new seasonal pattern

Doctors across the city are reporting a surge in patients experiencing prolonged viral symptoms, lasting three to four weeks, a phenomenon increasingly being called the "Lingering Viral Syndrome." Unlike the typical week-long flu, these slow-recovery infections are leaving people repeatedly visiting clinics, often struggling with lingering fatigue, cough, sinus congestion, and body aches.

Dr Aishwarya R, Consultant in Infectious Diseases at Aster RV Hospital, Bengaluru, said most adults are now noticing viral illnesses that persist far beyond the usual five to seven days. "There isn't a single cause. It is a combination of how viruses have evolved and how our immune systems respond today. Many newer viruses cause milder symptoms but tend to linger, keeping the immune system partially active. This leads to fatigue, cough, sore throat, or body aches that can take three to four weeks to fully settle," she said. Cold, dry air irritating the respiratory tract may also contribute to prolonged symptoms.

She added that flu activity has been rising since late November, with multiple strains circulating across different parts of Bengaluru. H3N2 Influenza-A remains the predominant strain, while Influenza B cases are increasing in South Bengaluru. Other viruses such as respiratory syncytial virus (RSV), human metapneumovirus, parainfluenza virus, and non-pandemic coronavirus strains are also contributing to repeated episodes.

Doctors caution that warning signs of complicated or prolonged infection include extreme fatigue, breathlessness during simple activities, chest tightness, or a cough that worsens instead of improving. Persistent headaches, dizziness, confusion, or poor appetite may also indicate delayed recovery.

Dr Sridhar Srinivasan, Consultant General Physician at Vasavi Hospitals, said many patients initially develop a viral infection and then acquire a secondary bacterial infection, which prolongs recovery. Post-viral fatigue is among the most common complaints. Stress and late-night work further slow healing. He advised early consultation, avoiding self-medication, maintaining hydration, steam inhalation on alternate days, and saltwater gargles.

Dr Aishwarya emphasised that once patients feel slightly better, gentle activity such as short walks is acceptable, but heavy exercise should be avoided. Medicines may ease discomfort but do not hasten recovery, and antibiotics should be used only when prescribed. Adequate sleep, stress management, and basic home care remain key, noting that seasonal influenza coughs now often last 14 to 21 days.

Dr Nitin M, Consultant Paediatrician and Neonatologist at Motherhood Hospitals, Electronic City, said prolonged viral symptoms are also seen in children during winter, when immunity tends to be lower. Viruses such as influenza, RSV, and Epstein-Barr can cause extended weakness and malaise, sometimes due to immune responses or incomplete viral clearance.

MAHE B'luru hosts 10,000-strong MAHETHON

The MAHE Bengaluru Campus of Manipal Academy of Higher Education organised MAHETHON 2026 on January 25 at its Yelahanka campus, drawing over 10,000 participants across the Half Marathon, 10K, 5K, and 3K Fun Run categories. The race began and concluded within the campus premises. Powered by Axis Bank, the event witnessed enthusiastic participation from students, professional athletes, corporate teams, armed and police forces, families, children, and persons with disabilities. Winners across various categories were awarded prizes from a total prize pool of ₹13.75 lakh.

The marathon was flagged off by Yelahanka MLA S R Vishwanath in the presence of senior MAHE officials, including Dr Madhu Veeraraghavan, Pro Vice-Chancellor, MAHE Bengaluru Campus and MLHS, MAHE Manipal; Dr Sharath Rao, Pro Vice-Chancellor, Health Sciences, MAHE; Dr Anand Venugopal, Chief Operating Officer, MAHE; and Dr Raghavendra Prabhu P, Additional Registrar, MAHE Bengaluru. Rahul Mathur, Vice President, Axis Bank Ltd, also attended.

A tree-planting drive was held alongside the event. Organised ahead of India's 77th Republic Day, MAHETHON will now be conducted annually on the fourth Sunday of January.

— BMB

B PAC demands EVMs for GBA elections

A delegation of members from the Bangalore Political Action Committee (B.PAC) and concerned citizens on Tuesday met the Chief Commissioner of the State Election Commission, G S Sangreshi, urging that elections to the newly constituted Greater Bengaluru Authority (GBA) be conducted exclusively using Electronic Voting Machines (EVMs).

In a memorandum submitted to the Commission, the delegation stressed that EVMs would ensure greater transparency, speed, and efficiency in the electoral process. With elections to be held across 369 wards spread over five corporations, the group cautioned that reverting to ballot papers could result in delays, counting errors, and administrative confusion.

"Bengaluru is a global technology hub, and moving back to the outdated ballot paper system would be a regressive step," the memorandum stated, adding that EVMs minimise human error, reduce invalid votes, and lower counting time and costs.

B PAC Program Head Raghavendra Poojari H S said it was vital for elections in a metropolis like Bengaluru to be conducted systematically and error-free. Sangreshi received the memorandum and assured the delegation that the request would be examined seriously.

— BMB

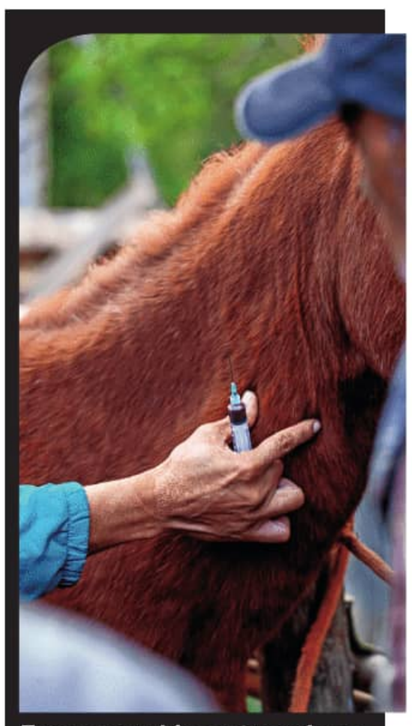
Veterinary Association highlights gaps in wildlife management

Veterinary Association appeals to Prime Minister, as repeated temporary hires fail to secure permanent in-house experts for wildlife health management

INFOCUS WILDLIFE CRISIS

Disappointed by the lack of response from the Karnataka State Forest Department regarding the creation of a veterinary doctors' cadre for scientific wildlife management, the Karnataka Veterinary Association has written to Prime Minister Narendra Modi, urging him to advise the state government to create such a cadre in the interest of Karnataka's biodiversity and ecological security.

The letter, dated January 19, 2026, stated that despite the pivotal role played by veterinary doctors in wildlife conservation, the Karnataka Forest Department currently has no provision for the recruitment of veterinarians within its regular cadre or service rules. "To manage urgent situations, the Forest Department has been depending on veterinarians deputed from the Department of Animal Husbandry or on temporary or contractual appointments. This arrangement, though helpful in emergencies, has proved inadequate, unsustainable and detrimental to long-term wildlife health management. International and national media reports have highlighted that the absence of a structured veterinary system in the Forest Department poses serious threats to the health and well-being of wild animals, delays emergency response and weakens the state's wildlife conservation efforts," the letter read.



Temporary hires struggle as Veterinary Association urges government intervention

The Karnataka Veterinary Association had also written to Eshwar B Khandre, Minister for Forest, Ecology and Environment, on November 24, 2025, requesting him to take measures to create and recruit a veterinary doctors' cadre for scientific wildlife health management, but no action has been taken to date. Earlier, the Executive Director of Bannerghatta Biological Park had invited applications for a veterinarian post on an outsourced basis. The required qualification is BVSc & AH or MVSc. The monthly salary is fixed at ₹55,000. However, it is stated that the minimum basic pay for a veterinarian should be more than ₹80,000 per month.

Expressing concern over the absence of recruitment of veterinarians in the Forest Department, Dr Suresh L, Head of the Department (Wildlife) at the Karnataka Veterinary, Animal and Fisheries Sciences University, said that many veterinary graduates are available for recruitment and that there is no shortage of veterinarians in the state. "More than 10 MVSc postgraduates are available for recruitment, but the state Forest Department has not taken measures to recruit them," Dr Suresh said. The Karnataka Veterinary Association (KVA) has urged the Forest Department to appoint permanent veterinarians for scientific wildlife health management. KVA President Dr Shivasharanappa G Yalagod said all current veterinarians are either on deputation from the Animal Husbandry Department or outsourced, and deputed vets return to their parent department after two to five years. In a letter to the Prime Minister, the KVA highlighted Karnataka's rich biodiversity, including hundreds of species and numerous protected areas. KVA General Secretary Dr Ramachandraiah M said there is no shortage of veterinarians, but the Forest Department must recruit them permanently for wildlife management, urging the creation of a dedicated veterinary cadre.

— Y Maheswara Reddy

SOCIAL TATTLE

What's Tweeting
@Ejipuraflyover posted the GBA, Chief Commissioner Maheshwar Rao, Jt Commissioner of Traffic, and senior engineers inspected the Ejipura Flyover site and portal pier alignment. St. John's officials agreed to provide temporary land for 5 piers, helping fast-track construction, a social media user highlighted.

Koramangala Ejipura Flyover Pr... · 1d
CC GBA along with the Jt Commissioner of Traffic and senior engineers inspected the Ejipura Flyover site and reviewed portal pier alignment. St. John's officials agreed in principle to provide temporary land support for 5 portal piers, helping fast-track the main viaduct work.

DriveSmart
@DriveSmart_IN
X.com
Location : Sira, Karnataka
Years are passing but we are not able to fix discipline on the roads 😕 !!
Wrong side driving by bus !
0:37

That went viral
Near Sira, Karnataka, years are passing but road discipline remains a challenge, with bus drivers often driving on the wrong side, a social media user highlighted, calling for stricter enforcement and awareness among commuters.

A set of rules
for school bus drivers, based on Education Dept circular and MV Rules 2012, was proposed by the Voice of Parents Association to ensure safety, a social media user highlighted, urging strict compliance across the city.

Voice Of Parents Association ® · 5h
Karnataka transportation rules for school bus drivers
Karnataka School Bus Driver Rules:
Know Who Drives Your Child?
Minimum 4 Years' Licence for Transport Vehicle
Police Verification Certificate Renewed Every 2 Years
School Must Keep Verified Driver Records
No Prior Traffic Violations
Parents Have the Right to Ask for Documents & Raise Complaints!
DRIVER RECORDS
NO Rides Without Qualified, Verified Drivers!
Report Issues to Police or Education Dept.

IN BRIEF

Employees steal money from ATMs

Two separate cases have been registered at the Koramangala Police Station after employees involved in ATM cash-loading operations allegedly siphoned off over ₹1.37 crore over nearly one and a half years.
An employee of Hitachi Payment Services Pvt. Ltd., which handles cash deposits for State Bank of India and Axis Bank ATMs, filed a complaint alleging misappropriation by company staff during routine cash-loading operations. According to the complaint, cash withdrawn from a private bank's Koramangala branch for ATM replenishment was systematically siphoned off before reaching the machines. Police said that on different dates, employees associated with a private bank responsible for ATM cash deposits approached the authorities with similar complaints. They alleged that individuals tasked with collecting cash from a currency chest within Koramangala limits and loading it into designated ATMs diverted portions of the funds for personal use.
According to the complaint, the accused siphoned off cash from a currency chest between 2024 and 2025 by under-depositing ATM funds, with the fraud going unnoticed for 18 months.
Police registered two FIRs over ₹1.38 crore, clarifying the cases involving cheating and criminal breach of trust, not robbery. Investigation is underway.

—BMB

Woman hurt as minor riders turn reckless

An elderly woman sustained serious head injuries after being hit by two minors riding a scooter recklessly in Nandini Layout on Monday morning. The incident, captured on a CCTV camera near Nandini Layout Club, occurred around 11:54 am as the woman walked along the roadside.
The scooter, reportedly driven in a rash and negligent manner, struck her, causing her to fall. Passersby immediately rushed to her aid and took her to a nearby private hospital. The two minor riders attempted to flee but were apprehended by locals and handed over to Nandini Layout police.
The case was transferred as the area falls under Rajajinagar Traffic Police jurisdiction. Police officials are considering filing an FIR against the parents for allowing the minors to operate the vehicle.
Police are awaiting the victim's recovery to record her statement and continue the investigation into the reckless scooter ride that left a senior citizen critically injured.

—BMB

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Mandar Puranik - Tabla | Dnyaneshwar Sonawane - Harmonium | Sukhad Munde - Pakhwaj | Sunil Kumar - Flute | Suryakant Surve - Additional Rhythms
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FARNAZ

Ex-staffer accused of stealing company software source code

A complaint has been lodged against Ashutosh Nigam, a former Senior Manager-Research Scientist in Whitefield CEN police station alleging unauthorised access and theft of the company's confidential software source code, the data worth nearly ₹87 crore.

According to the FIR filed on January 23, the company Amadeus software Labs India (P) Ltd headquartered in Marathahalli, stated that the Nigam was employed from February 1, 2020. On October 11, 2025, he allegedly transferred the company's source code and other confidential data from his corporate systems to his personal email without the company's consent.

Upon confrontation, he reportedly admitted to the act, which was video recorded by the company. His employment was terminated on December 3.

The company claims that its intellectual property rights have been severely compromised, causing significant business losses. **BMB**

Doctor alleges online stalking by husband

A 28-year-old woman has approached the Puttenahalli police station, accusing her husband of installing malware on her phone to monitor her movements and communications over seven months.

The victim, a doctor who has been living apart from her husband Amel V Nair since August 1, 2025, lodged the complaint. The couple shares a child, and a family court is currently hearing a case to decide custody. According to the complaint, while they were living together at Arekere, during July-August 2025 or when Amel visited their child—he allegedly installed malware on the victim's phone without her knowledge. The software reportedly allowed him to track her location, monitor her conversations, and observe her daily activities.

She is said to have discovered the malware on November 22, when she attempted to extend her Wi-Fi service, and immediately uninstalled it. She also lodged an online complaint the same day. **BMB**

45 Cyber Crime Police Stations operational

CONTINUED FROM PAGE 1

Bengaluru city, are operational. Each station is headed by an SHO under a DySP or ACP, and the Cyber Command of the DGP oversees all operations."

Advanced tools

Parameshwara said that investigations are supported by cutting-edge technology. The CID has established a Cyber Forensic Unit (CFU) with modern digital tools to aid probe efforts statewide.

Additionally, the "Centre for Cyber Crime Investigation Training & Research" provides specialised training for police officers in detecting and investigating cybercrimes. Techniques taught include drone forensics, RAID forensics, wearable device forensics, cloud forensics, and cryptocurrency tracing.

Under government directives, 16 cyber technical experts—eight cyber security analysts and eight digital forensic analysts—have been appointed to strengthen investigative capacity. Of these, eight analysts (six forensic, two security) are deployed in Bengaluru city to tackle local cyber threats, Parameshwara added.

Threat of Shadow AI

Anuj Khurana, Co-founder & CEO, Anaptyss said, "Across the global BFSI landscape, threat vectors continue to evolve. Phishing and supply-chain compromises remain persistent drivers of breaches, but a newer and fast-emerging risk is the ungoverned use of AI, often referred to as 'Shadow AI'.

In India, Shadow AI already ranks among the top three contributors to breach costs, underscoring a broader global trend where the pace of AI adoption is outstripping security, governance, and regulatory controls."

He said that by aligning data governance with real-time risk intelligence and resilient operating controls, financial institutions can not only reduce privacy breach exposure but also strengthen their defences against financial crime.

Spike in accidents on Bengaluru–Hosur Road

CONTINUED FROM PAGE 1

sustained injuries and 843 were fatal.

Emergency vehicles often struggle to reach accident sites due to heavy traffic. The situation becomes more critical in areas witnessing large public gatherings where in certain areas/ zones, mobile networks frequently collapse, resulting in poor data speeds, dropped calls and, in some cases, complete loss of signal, making it difficult for victims or bystanders to seek immediate medical help.

The Hosur to Bengaluru stretch service road has recently emerged as an accident hotspot with commuters reporting frequent minor crashes and near-misses. According to a daily commuter, Aishwarya, an advocate, the accident occurred around 8.31 am on January 21 on this stretch near Thirumagondanahalli service road (near Attibele/Bommasandra). Commuters said a woman riding a scooter at the front suddenly slowed down as a car ahead braked, following which a bus rammed into the car. In the chain collision, the scooter rider was hit and sustained minor injuries.

Passengers from the bus got down to help her and panicked when they noticed she was bleeding from the ears. They first dialled the 108 emergency helpline, but the call did not go through. They then contacted a nearby hospital's ambulance service, but were allegedly told that for emergencies they would have to contact 108. Receiving no help, they took her to hospital in a cab.

"She was bleeding, with injuries on her forehead near the ears and eyebrows, and there was blood on the road as well. We couldn't even get through to the 108 helpline. Even though she had a head injury and was bleeding from the ears, she was conscious, but what if it had been a more serious injury? When the helpline that is supposed to help you in such moments doesn't respond, what kind of service are they really providing?" Aishwarya added.

The daily commuter said she had witnessed two accidents on the same stretch on the very same day. "There was another accident involving a traveller vehicle heading from Bengaluru to Hosur, which also rammed into a vehicle in front," she said. She added that accidents on the Bengaluru–Hosur road have increased due to pending Metro works, making the stretch unsafe in both directions and turning it into a major accident hotspot.

The BM conducted a test call, during which the 108 helpline successfully received the call. An ambulance driver explained that the helpline usually connects without difficulty, but network issues can sometimes prevent calls from going through due to technical glitches or errors.

Health Minister Dinesh Gundu Rao said, "Network connectivity is available in nearly 90 percent of locations and while occasional technical issues are unavoidable in some locations, we have no solution for it. However, the 108 emergency helpline remains operational and effectively functional."

The incident on the Bengaluru–Hosur stretch pointed out an upcoming concern. In 2022, when a server glitch reduced 108's capacity from 10,000 calls to barely 3,000 and delayed ambulances by up to eight minutes, it exposed how technical neglect can cost lives.

"With accident-prone corridors expanding due to infrastructure works and traffic congestion worsening, emergency response cannot depend on 90 per cent connectivity or explanations of unavoidable glitches. What is needed is a reliable, foolproof communication backbone, alternative access channels, and stronger coordination hospitals and ambulance services. Every minute is precious and both servers should be working and calls attended, dispatch vehicles sent for immediate response," said Vinod Jacob, civic activist.

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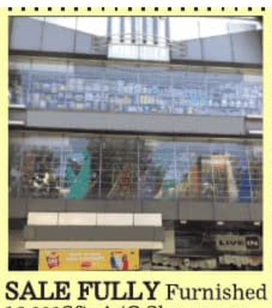

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I, Shaikh Fardin Rauf #244/2 2nd Floor Bommanahalli Blr-68 have changed my name to Fardin Abdul Rauf Shaikh for all purposes.

I Christina Priya W/O, Sunil Babu.g R/o No.148, Sanshel,10th Cross, Telecom Layout, ashwathnagar, hbr 5th Block,kalyan Nagar,bengaluru-43 have changed my name to Christina Priya.s.

I, J S RUKNUDEEN, R/a.No. 1/3 4th Cross Rajanna Layout Byrasandra, Jayanagar, Bengaluru -11. I have Changed my name to J S RUKUNUDEEN Vide affidavit, dated 24/01/2026 Sworn before Notary: K.C. Shashikala Bangalore

I, SYED TABREZ AHMED Residing at Flat No.504, B Block, Geetham Pride Apartments, Kudlu Main Road, Kudlu, Bengaluru 560068 have changed my name from TABREZ AHMED to SYED TABREZ AHMED for all my future purpose.

I Ganeshan Kottarakara Ganapathy S/o Ganapathy Iyer Kottarakara R/o Flat No 303 VARS ALL SEASONS Konena Agrahara Bangalore 560017 has changed my name to Kotttarakara Ganapathy Ganeshan for all future purposes

I, L P V N Rao Chittibomma S/O, Durga Prasad Rao R/o Bavisha Urban Homes, Flat No 054, Phase 2, Ittina Haveli Layout, Kada Agrahara Village, Sompura, Bengaluru 562125. have changed my name to Narasimha Rao Chittibomma for all purposes

I, Sukhad Deshpande R/o #6, Pandhari,12th A Cross, Sir M V layout, Thindlu, B'lore-560097 have changed my name to Sukhad Girish Deshpande for all purposes.

I Sunil Babu S/O, Ganeshan.m R/o No.148, Sanshel,10th Cross, Telecom Layout, Ashwathnagar,hbr 5th Block Kalyan Nagar, Bengaluru-43 have changed my name to Sunil Babu.g.

I Sai Rachit Reddy Viswanath Reddy S/O, Viswanath.s R/o N0-74,3rd Cross,behind Lakshmisha Garments, Chinnappanahalli,marathahalli, Bengaluru-560037 have changed my name to Sairachith Viswanath Reddy.

I, SHRIDHAR G HEGDE, SHRIDHAR HEGDE, SHRIDHAR GAJANANA HEGDE Residing at No 119, LIG B Sector, 1st Stage, 2nd B Main, Yelahanka New Town, Bengaluru-560064, I here by declare that my correct name SHRIDHAR GAJANANA HEGDE vide affidavit dated 27/01/2026 sworn before Notary Aravind Patil G.G Bangalore

LOST & FOUND

I, Saumya, student of Pharm D (3rd Year) from KLE College of Pharmacy, Bangalore, under KLE Academy of Higher Education and Research, Belagavi, hereby state that my 3rd Year Pharm D marks card bearing Register No. NP0319025 has been misplaced during transit near Rajajinagar. If found, please return to the undersigned. Sd/- Saumya Bangalore Date: 24.01.2026

SHINU Abraham residing at No 4/5 Sinita Villa, Sandyagappa layout Hebbal, Bangalore - 560024 have lost my General Power of Attorney given to my late Mother Pushpam Abraham with Sale Deed Number BNG (U) YLNK / 12978 (2004-2005) Lost Report No. - 2028597/2026, BANGALORE MOBILE - 8884209347

FORGIVENESS WITHOUT RECONCILIATION

Letting go of ill will is a personal healing process, not a moral obligation

Two in five Americans have argued with a family member about politics, according to a 2024 study by the American Psychiatric Association. One in five have become estranged over controversial issues, and the same percentage has blocked a family member on social media or skipped a family event due to disagreements.

Difficulty working through conflict with those close to us can cause lasting damage to families and relationships. More importantly, unresolved conflict can harm physical and emotional well-being and may even affect longevity.

Healing relationships often involves forgiveness, and sometimes reconciliation is possible. But as a professor and licensed professional counselor who researches forgiveness, I believe the process is often misunderstood.

In my 2021 book, Practicing Forgiveness: A Path Toward Healing, I discuss how people frequently feel pressured to forgive, as if forgiveness is a moral mandate. Consider 18th-century poet Alexander Pope's phrase, "To err is human; to forgive, divine," which suggests forgiveness makes us better people. In reality, reconciliation is not only difficult but sometimes inadvisable or dangerous, especially in cases involving harm or trauma.

I often remind people that forgiveness does not have to mean reconciliation. At its core, forgiveness is internal — a way of releasing ill will and emotional burden so healing can occur. It should be seen as separate from reconciliation, which involves renegotiating a relationship.

Still, forgiveness in any form is difficult. Here's why.

Forgiveness, karma and revenge

In 2025, my colleagues Alex Hodges, Jason Vannest and I conducted a study exploring emotions associated with forgiveness, karma and revenge.

We defined forgiveness as relinquishing feelings of ill will toward someone who caused harm. Karma refers to a situation where the offender gets what they deserve without action from the victim. Revenge involves retaliating directly.

Participants were asked to recall three experiences: forgiving someone, witnessing karma and taking revenge. After each, they completed a questionnaire describing the emotions they felt while retelling the event.

Most participants said they aspired to forgive. They were about 1.5 times more likely to desire forgiveness than karma or revenge. However, they admitted that karma made them happier than forgiveness.

Working toward forgiveness often triggered sadness and anxiety. Participants were about 1.5 times more likely to experience sadness during forgiveness than during karma or revenge. Forgiveness was also more stressful because it forced people to confront difficult emotions like anger, grief and disappointment.

Two different processes

Forgiveness is confusing partly because it is often conflated with reconciliation.

Forgiveness researchers describe reconciliation as "interpersonal forgiveness," where a relationship is repaired or renegotiated. Even when reconciliation cannot occur, people can still engage in "intrapersonal forgiveness," which involves releasing ill will internally without repairing the relationship.

Earlier in my career, I worked as a counselor in a hospital's adolescent unit, where many patients had experienced abuse. When imagining success for them, I hoped they would reach adulthood feeling safe, healthy and at peace — not consumed by trauma.

That outcome rarely depended on reconciling with the offender. In many cases, reconciliation was ill-advised, especially when offenders showed no remorse or meaningful change. Even when remorse existed, some victims chose not to renegotiate the relationship while processing trauma.

However, intrapersonal forgiveness could help these young people release anger and fear. In essence, they could acknowledge, "What I needed from this person, I did not receive, and I no longer expect it." Letting go of unmet expectations can ease the emotional weight of past harm.

Relinquishing ill will is difficult. It often requires time, patience and effort. Recognising that trust, safety or love will never come from a particular person can feel like grief. People may experience stages such as denial, anger, bargaining and depression before reaching acceptance and forgiveness within themselves.

Taking stock

To help people evaluate where they are in their forgiveness journey, I offer four steps, explored further in a tool I developed called the Forgiveness Reconciliation Inventory.

First, talk to someone you trust — a friend, mentor, counselor or family member. Speaking openly can reduce pain and offer perspective.

Second, examine whether reconciliation is beneficial. Some relationships can heal and even strengthen, particularly when offenders show remorse and change.

In other cases, the costs outweigh the benefits, especially when remorse or change is absent. Victims may need to accept that an emotional or tangible debt will never be repaid.

Third, consider your feelings toward the offender, the consequences of reconciliation and whether forgiveness should be interpersonal or intrapersonal.

Ultimately, forgiveness — in any form — occurs when we relinquish feelings of ill will toward another person.

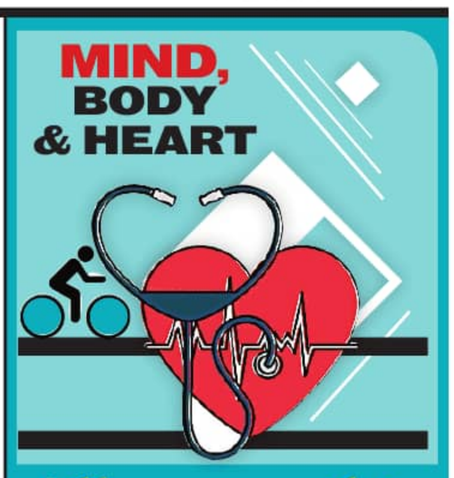
Richard Balkin, University of Mississippi The Conversation

MIRRORLIGHTS

Teaching AI to think about thinking

Have you ever reread a sentence multiple times only to realise you still don't understand it? As taught to many college freshmen, when you're stuck, it's time to change your approach. This awareness that something isn't working, followed by adjustment, lies at the heart of metacognition – thinking about thinking. Metacognition involves the brain monitoring its own processes, recognising confusion and regulating how it responds. It is fundamental to human intelligence but, until recently, largely absent from artificial intelligence systems. My colleagues Charles Courchaine, Hefei Qiu, Joshua Iacoboni and I aim to change that by developing a mathematical framework that allows generative AI systems to monitor and regulate their own internal reasoning. Today's generative AI models are powerful yet unaware. They generate responses without knowing how confident or confused they are, or whether their output contains contradictions. This limitation becomes critical in high-stakes domains such as health care, finance and autonomous decision-making, where recognising uncertainty is essential. When confidence drops or conflicts rise, the system can shift from fast, intuitive reasoning to slower, more deliberate thinking, similar to human System 1 and System 2 cognition. Using an orchestra analogy, the metacognitive system acts as a conductor, coordinating multiple language models depending on task complexity. While this framework does not grant machines human-like consciousness, it improves transparency, safety and trust. Ultimately, the goal is generative AI that understands its limitations, knows when to slow down, and recognises when to defer to human judgment.

Ricky J Sethi, Fitchburg State University; Worcester Polytechnic Institute (The conversation)



All you need to know about...

Quiet rituals

Mindful morning rituals
Start your day intentionally and without your phone to create calm, focus and healthier habits before the digital world takes over. Morning is one of the most rushed, screen-filled parts of the day, and reaching for your phone first thing can instantly pull you into stress, notifications and comparison.

Calm morning tea
Prepare a warm cup of green tea and enjoy it slowly without distractions. The aroma, taste and warmth help you wake gently and focus on the present moment rather than immediately checking your phone.

Wellness first ritual
Use your phone-free morning to reconnect with your body by taking wellness drops, such as a blend designed to support immunity, digestion and hormonal balance.

Mindful breakfast boost
Make breakfast more mindful by including a superfood seed blend that supports hormonal health and provides steady energy. Eating intentionally builds awareness and steady focus for the day ahead.

Vision board focus
Instead of checking messages, reflect on what matters by making a vision board. This creative task helps turn intentions into visual clarity, giving your morning direction and grounded purpose.

Gentle stretching time
A few minutes of gentle stretching or breathwork releases stiffness, improves circulation and calms the nervous system. Without a phone, you become more present in your body and breath.

Nature connection moment
Spend a few minutes outdoors observing morning light, sounds and air.

—Femina

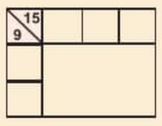
mybangaloremirror@timesofindia.com
facebook.com/theBangaloremirror
@BangaloreMirror

SOLVE IT IN A MINUTE

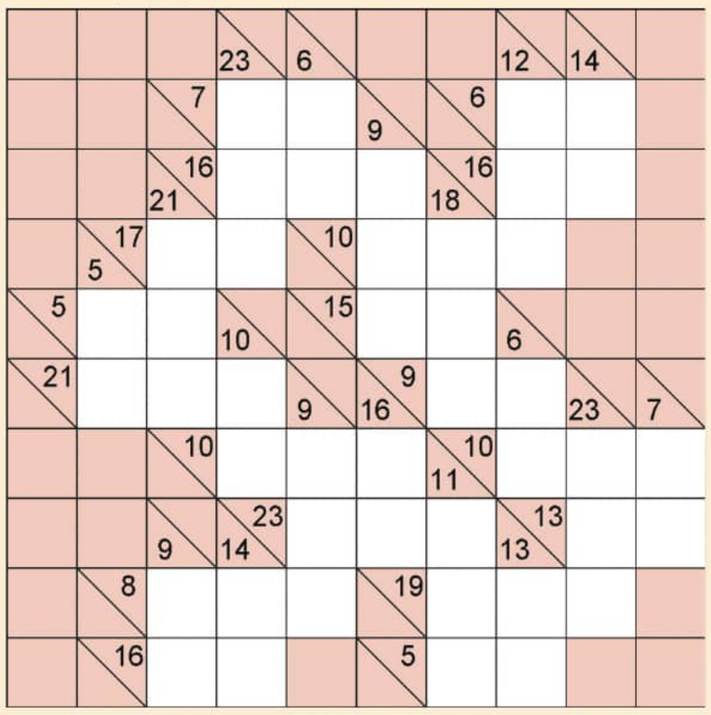
(25^2.5) = ((625^a+8) / 5^7)
a =?

Kakuro

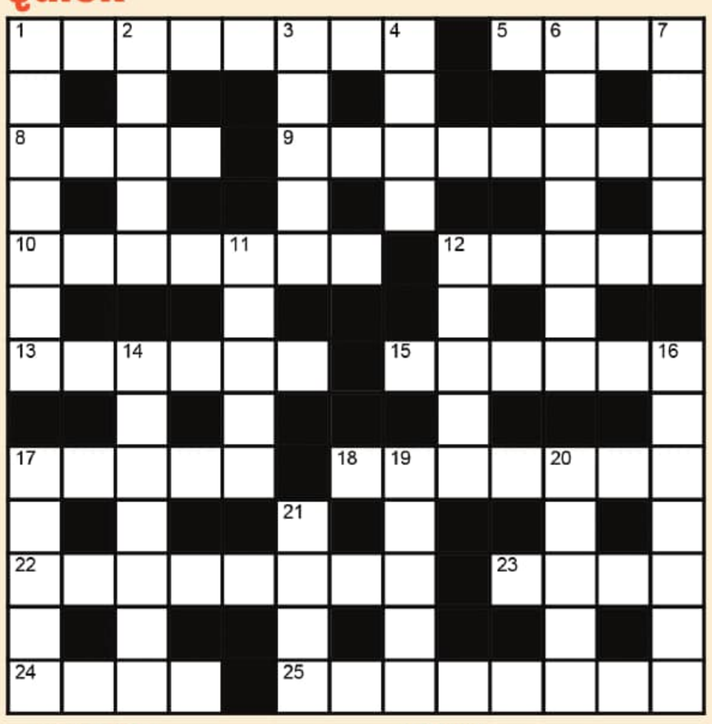
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Curriculum (8)
5 Dutch football club AFC ___ (4)
8 Twenty quires (4)
9 The world of learning (8)
10 ___ up : made into a parcel? (7)
12 Small bays or inlets of coasts (5)
13 Dirty (6)
15 Disgusting (6)
17 Old ___ tale : old but rather foolish belief? (5)
18 ___ ___ with : begins to associate with? (5,2)
22 Inhabitant of the Philippines (8)
23 Pull apart or rip (4)
24 Waterside plant (4)
25 Implies (8)

DOWN

1 Spreads (7)
2 Jungle vine (5)
3 Two, a pair (5)
4 Wet thoroughly (4)
6 Restaurant at the Leela Place (7)
7 Diagnostic aids for orthopaedists (1-4)
11 Wordsworth works (5)
12 Broken piece of earthenware (5)
14 Contain as a part (7)
16 Leaves or goes away (7)
17 Thin biscuit (5)
19 Decorate (5)
20 Bit of writing paper (5)
21 Flat plate (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: F EQUALS I

GY CVUM EYBM ZVUMG YS EYBM JIVVRV FJS'G U RVME XYYT WIUS; EYB JZYBIT CVUM FG FSJFTV, CZVMV FG NBSAGFYSJ DVJG.

Linemaro

Are you made of copper and tellurium? Because you're CU TE

Mindchow

To knock a thing down, especially if it is cocked at an arrogant angle, is a deep delight to the blood

Joke of the day

I Was Looking Back to See if You Were Looking Back to See if I Was Looking Back to See if You Were Looking Back at Me (Title of a song written by Jimmy Eaton & Larry Wagner)

Loop

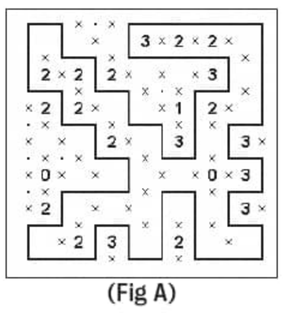
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

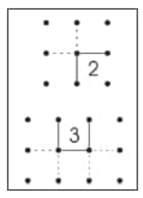
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

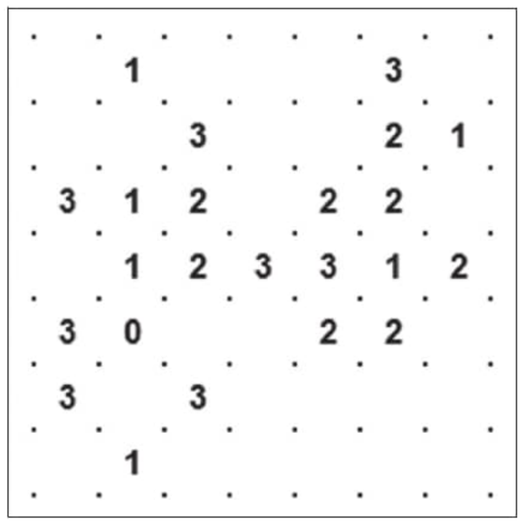
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



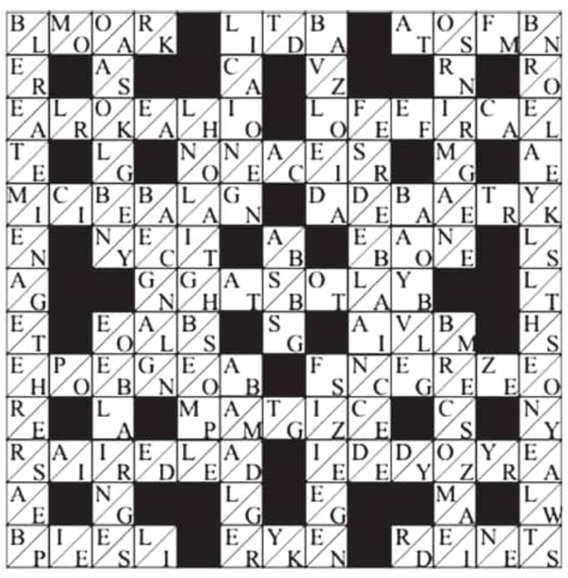
(Fig A)



(Fig B) Not Allowed



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4	5
6				
7				
8				
9				Y

ACROSS

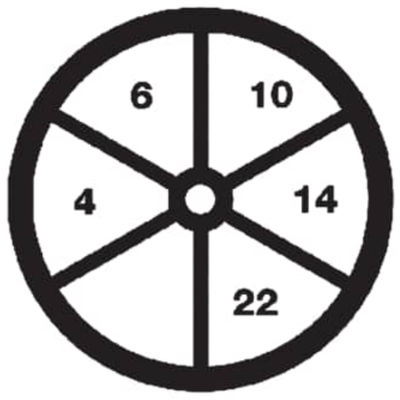
1 Manta; 6 Came I;
7 Get is; 8 Inter;
9 Roc by

DOWN

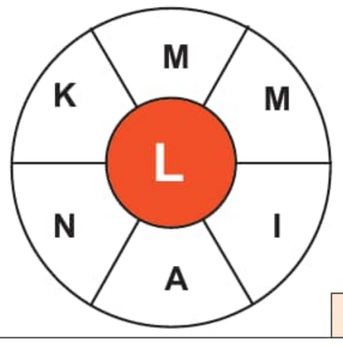
1 Gamic; 2 Naomi;
3 Inert; 4 Caber;
5 Et sty

Mensapuzzle

Which number goes in the empty segment and completes the wheel?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

06 Average; **07** Good; **09** Outstanding

SudokuChallenge

3			7		4			8
				5				
	7	5				9	6	
	3	1	5		9	4	7	
			4		8			
	5	9	1		6	2	8	
	4	8				3	2	
				6				
7			8		2			9

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

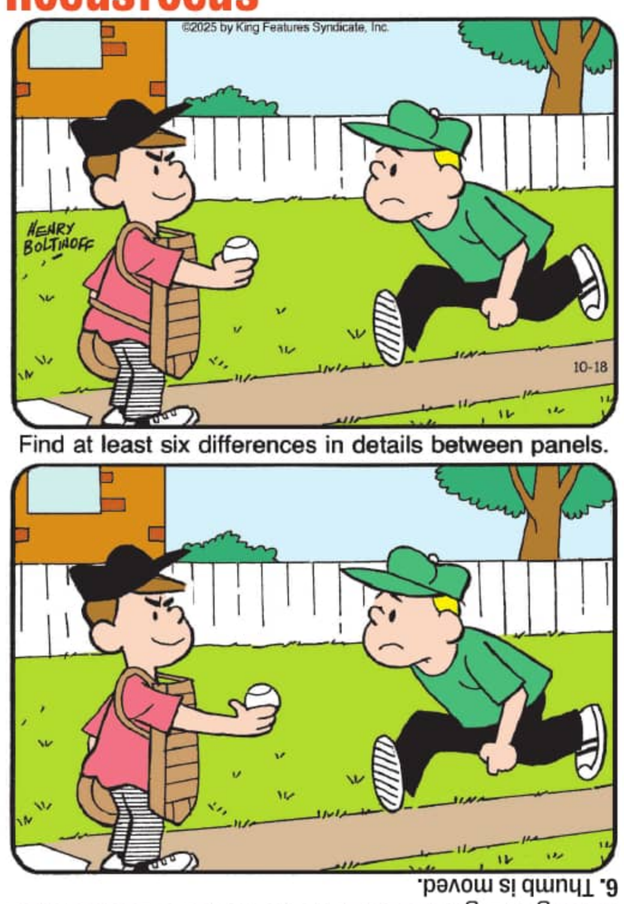
Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 18
2 4 4 5

Medium = 12
4 4 8 9

Hard = 1
2 3 6 8

Hocusfocus



Find at least six differences in details between panels.

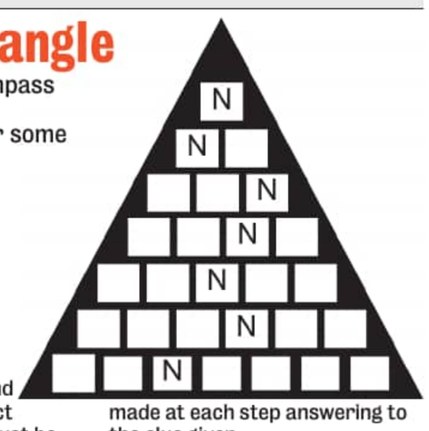
Differences: 1. Arm is longer. 2. Chest protector strap is missing. 3. Leg is moved. 4. Tree is moved. 5. Brick is lower. 6. Thumb is moved.

Riddler

Sitting on the back of a truck Waiting for someone with bad luck In a classic board game, I help you win Don't take the plunge; I'll help lower you in Jacob saw me in a dream A pathway like a light beam What am I?

Alpha triangle

1 North on the compass
2 Neon symbol
3 Perfect score for some
4 Transmitted
5 Provides TLC
6 Doped up
7 Signifies

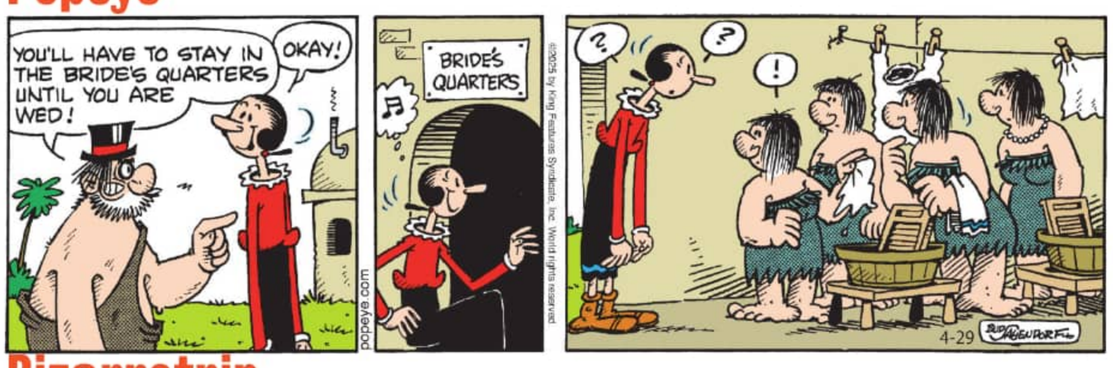


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Popeye



Bizarrotrip

He was annoying, but not enough to make me really angry. I guess I'd say the date was infuritating.
Wayno & Piraro 10-18-25
BIZARRO.COM
Dist. by King Features ©2025 BIZARRO STUDIOS

Diamond Lil

HOWARD SENT ME ANOTHER TEXT FROM THE NUDIST COLONY
HE SAYS HE'S HAVING A WONDERFUL TIME
WHERE DOES HE CARRY HIS PHONE?
I'M SURE WE DON'T WANT TO KNOW
©2014 creators.com
www.creators.com
10/18

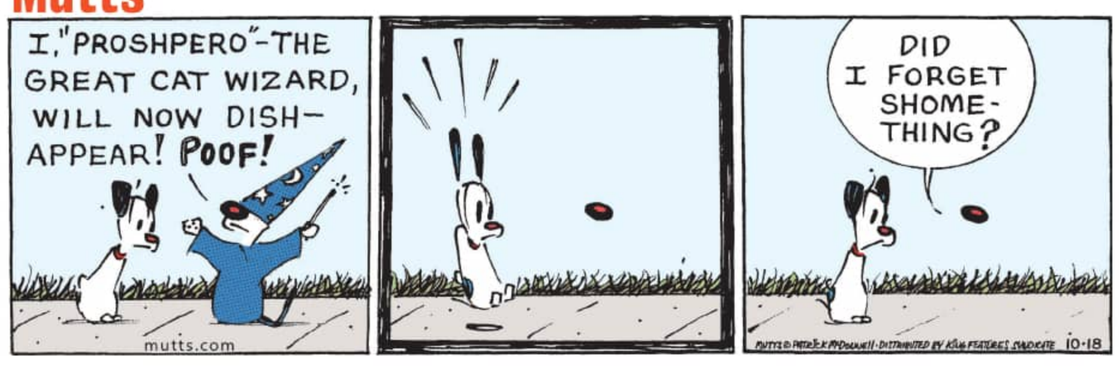
Hart of the city

I GOT ABOUT 150 SIGNATURES FROM MY CLIENTS AND THEIR FRIENDS FOR THE TRICK-OR-TREATING PETITION.
AMAZING!! HOW DID YOU GET SO MANY!?
WOULDN'T YA KNOW IT? PEOPLE WHO LIKE GETTING TATTOOS ALSO LIKE HALLOWEEN.
HEART OF THE CITY © 2025 ANDREWS MCMEEL
GOCOMICS.COM/HEARTOFTHECITY

Crankshaft

MAYBE THIS SOAP YOU'VE BEEN HANGING WILL KEEP THE DEER AWAY FROM HERE PERMANENTLY!
I HAVE TO ADMIT THAT WHEN I'M OUT IN THE YARD AT NIGHT... SOMETIMES I FEAR FOR MY OWN SAFETY!
BATIUK & DAVIS tombatiuk.com/books
10-18

Mutts



WRITTEN IN THE STARS

DR SUNDEEP KOCHAR

If it's your birthday today

Expect a period of major achievement, recognition, and professional reward. Your disciplined effort over the past few years culminates in a significant success or promotion. Step confidently into a position of authority and influence. Maintain your integrity and focus on ethical action; this powerful culmination sets a high standard for your future.

Aries Mar 21–Apr 20

Productivity peaks as creativity flows effortlessly. Sharing ideas attracts appreciation. Tasks finish smoothly. Collaboration strengthens your confidence. Inspiration guides exciting new plans and meaningful progress today.

Taurus Apr 21–May 20

Pressure eases with mindful breathing. Supportive friends uplift your spirit. Meditation restores calm and clarity. Focus sharpens gently. Peaceful energy helps you approach challenges with patience and renewed balance.

Gemini May 21–Jun 21

Romantic energy blooms beautifully. Appreciation strengthens existing bonds. Singles feel admired. Emotional warmth deepens. Positive communication supports heartfelt progress. Enjoy this charming wave of affection today.

Cancer Jun 22–July 23

Movement restores vitality. Active routines energise your body and mind. New encounters uplift motivation. Consistency strengthens resilience. Encouraging people inspire commitment to healthier habits that support long-term well-being.

Leo Jul 24 – Aug 23

Gratitude shifts your perspective. Pausing brings emotional clarity. Personal appreciation strengthens inner peace. Small victories matter. Reflecting on growth renews determination and inspires gentle confidence.

Virgo Aug 24–Sep 23

Solitude brings meaningful insight. Exploring new possibilities encourages growth. Meditation clears your thoughts. Positive change feels attainable. Stepping beyond routine promotes clarity and uplifting transformation.

Libra Sep 24–Oct 22

Social energy strengthens comfort. Meeting others inspires positivity. Friendly conversations ease stress. Connection brings balance. Embracing community helps you feel supported and refreshed.

Scorpio Oct 23–Nov 22

Rest enhances well-being. Quiet moments restore clarity. Avoiding over-stimulation keeps you grounded. Self-awareness guides positive choices. Peaceful solitude strengthens emotional stability.

Sagittarius Nov 23–Dec 22

Opportunities align naturally. Career and love energies brighten. Stay receptive to possibilities. Confidence grows. Exciting news approaches. Positive momentum supports meaningful breakthroughs today.

Capricorn Dec 23–Jan 20

Ease into relaxation. Professional rewards emerge steadily. Openness invites learning. Collaboration broadens insight. Calm energy brings clarity and supports successful outcomes.

Aquarius Jan 21–Feb 19

Spontaneous experiences uplift your spirit. Exploring new places or conversations energises your day. Fresh perspectives inspire creativity. Embrace adventure and enjoy the excitement ahead.

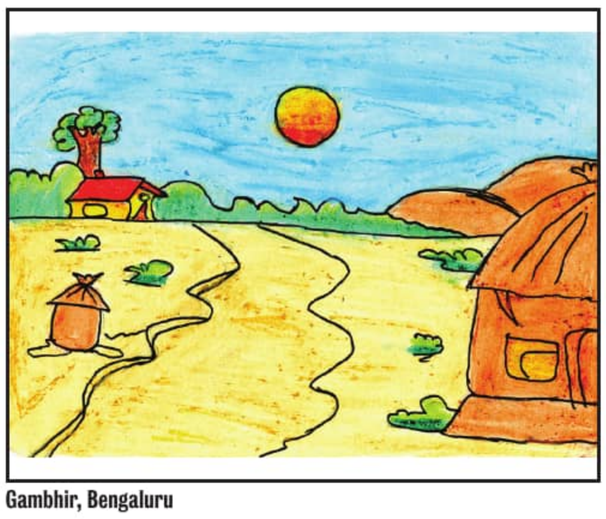
Pisces Feb 20–Mar 20

Honest communication strengthens relationships. Initiating conversations clears misunderstandings. Emotional openness creates harmony. Your efforts bring appreciation and meaningful connection.

www.sundeepkochar.com

KIDZONE

Nama, Bengaluru



Gambhir, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M

(25^2.5) = 25^(25/10)
25^(5/2) = √25^5
√(5^2)^5
√(5^10)
5^5

BULL'S EYE

kiln, lain, lank, lima, link, mail, milk, MILKMAN, nail

FAST FIVE

C	O	R	B	Y
I	N	E	R	T
G	I	T	E	S
A	M	I	C	E
M	A	N	A	T

RIDDLER A ladder

5^5 = ((5^4(a+8)) / 5^7)
5^12 = (5^4(a+8))
4(a+8) = 12
a = (12 / 4)-8 = -5

STRIKE OUT

B	O	O	R	■	I	D	A	■	T	O	M	B
E	■	A	■	C	■	V	■	O	■	F	■	I	C	E
A	L	K	A	L	I	■	O	■	F	■	I	C	E	■
T	■	L	■	O	N	A	I	R	■	G	■	A	■	■
I	C	E	B	A	■	G	■	D	E	B	A	R	K	■
N	■	Y	E	T	■	A	■	E	O	N	■	S	■	■
G	■	■	G	H	A	S	T	L	Y	■	T	■	■	■
T	■	O	A	S	■	S	■	A	L	B	■	H	■	■
H	O	B	N	O	B	■	S	■	N	E	Z	E	■	■
E	■	L	■	M	A	G	I	C	■	C	■	N	■	■
A	■	D	E	D	■	E	E	Y	O	R	E	■	■	■
R	A	I	■	■	G	■	■	■	M	■	■	W	■	■
A	■	G	■	■	■	G	■	■	■	D	E	N	S	■
P	E	E	L	■	E	K	E	■	D	E	N	S	■	■

QUICK

R	E	E	D	■	C	O	N	O	T	E	S	■	■	■
E	■	■	V	■	S	■	■	R	■	■	E	■	■	■
F	I	L	I	P	I	N	O	■	T	E	A	R	■	■
A	■	■	O	■	D	■	■	D	■	■	H	■	■	■
W	I	V	E	S	■	T	A	K	E	S	U	P	■	■
■	■	N	■	M	■	■	■	C	■	■	■	E	■	■
S	O	I	L	E	D	■	H	O	R	R	I	D	■	■
L	■	■	■	O	■	■	■	R	■	■	A	■	■	■
W	R	A	P	P	E	D	■	C	O	V	E	S	■	■
A	■	N	■	C	■	K	■	■	■	A	■	Y	■	■
R	E	A	M	■	A	C	A	D	E	M	I	A	■	■
P	■	I	■	R	■	O	■	A	■	■	■	R	■	■
S	Y	L	L	A	B	U	S	■	A	J	A	X	■	■

MENSA PUZZLE

26. Going clockwise, numbers represent the sequence of prime numbers multiplied by 2.

QUOTE UNCODE

To wear your heart on your sleeve isn't a very good plan; you should wear it inside, where it functions best.

SUDOKU

3	2	6	7	9	4	5	1	8
9	8	4	6	5	1	7	3	2
1	7	5	2	8	3	9	6	4
8	3	1	5	2	9	4	7	6
2	6	7	4	3	8	1	9	5
4	5	9	1	7	6	2	8	3
6	4	8	9	1	5	3	2	7
5	9	2	3	6	7	8	4	1
7	1	3	8	4	2	6	5	9

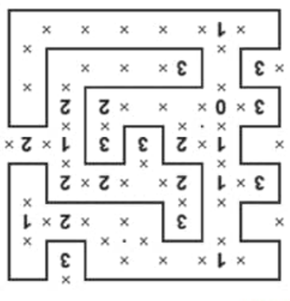
ALPHA TRIANGLE

N, Ne, Ten, Sent, Tends, Stoned, Denotes.

GO FIGURE

Easy
2 x 5 + 4 + 4 = 18
Hard
8 + 4 - 9 x 4 = 12
Medium
6 / 2 x 3 - 8 = 1

LOOP



KAKURO

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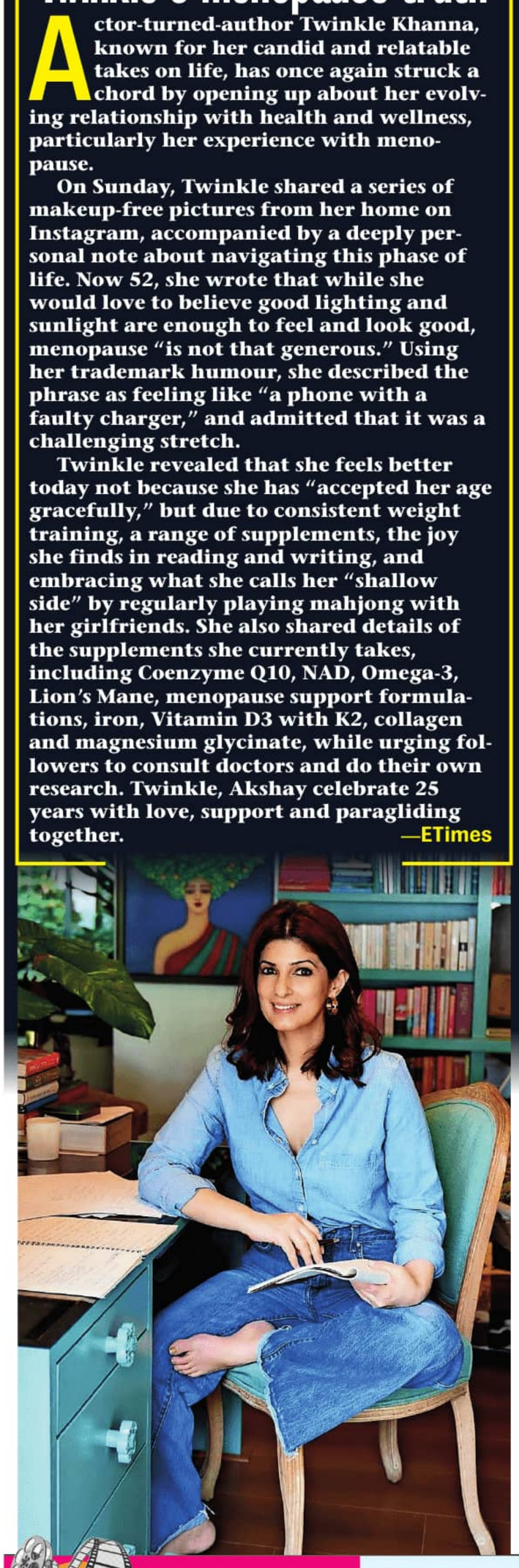
Twinkle's menopause truth

Actor-turned-author Twinkle Khanna, known for her candid and relatable takes on life, has once again struck a chord by opening up about her evolving relationship with health and wellness, particularly her experience with menopause.

On Sunday, Twinkle shared a series of makeup-free pictures from her home on Instagram, accompanied by a deeply personal note about navigating this phase of life. Now 52, she wrote that while she would love to believe good lighting and sunlight are enough to feel and look good, menopause "is not that generous." Using her trademark humour, she described the phrase as feeling like "a phone with a faulty charger," and admitted that it was a challenging stretch.

Twinkle revealed that she feels better today not because she has "accepted her age gracefully," but due to consistent weight training, a range of supplements, the joy she finds in reading and writing, and embracing what she calls her "shallow side" by regularly playing mahjong with her girlfriends. She also shared details of the supplements she currently takes, including Coenzyme Q10, NAD, Omega-3, Lion's Mane, menopause support formulations, iron, Vitamin D3 with K2, collagen and magnesium glycinate, while urging followers to consult doctors and do their own research. Twinkle, Akshay celebrate 25 years with love, support and paragliding together. —ETimes



Priyanka takes India to Harvard

Star speaker at Harvard India Conference exploring dreams, challenges and possibilities

As discussions continue on India's evolving position in a rapidly changing world, a prominent cultural ambassador of the nation is set to take centre stage at one of the world's most prestigious universities. Actor and global icon Priyanka Chopra Jonas will deliver a keynote address at the 23rd India Conference at Harvard University, scheduled to be held in the United States from February 14 to 15, 2026.

The annual India Conference at Harvard, largely organised by students, has earned a reputation as a vital platform for examining India's political, economic, social and cultural transformations. Over the years, it has brought together leaders, thinkers and innovators from diverse sectors to engage in meaningful dialogue about the country's present trajectory and future possibilities.

Priyanka Chopra Jonas will be joined by an influential lineup of speakers, including best-selling author and Member of Parliament Shashi Tharoor, and eminent international relations scholar Amitav Acharya. The conference is expected to host an array of distinguished voices from politics, business, academia, technology and the arts, offering participants an opportunity to debate the "Indian way" and explore the challenges and opportunities facing the nation in an increasingly complex global order.

The theme for the 2026 edition, "The India We Imagine," seeks to capture the collective aspirations, dreams, anxieties and ambitions that shape contemporary India. Its subthemes reflect the many dimensions of the country's rise from economic growth and technological innovation to social equity, cultural identity and global leadership positioning India as an emerging force on the world stage.

Priyanka Chopra Jonas' participation closely aligns with the spirit of the conference. A versatile actor, producer, entrepreneur, New York Times best-selling author and UNICEF Goodwill Ambassador, she brings with her more than two decades of experience across film, business and philanthropy. Through her work worldwide, she projects India's confident, compassionate global image. **—ETimes**

Galwan gets bigger

Salman Khan has returned to the sets of his upcoming war drama Battle Of Galwan for an additional round of shooting, even after the film wrapped its principal photography in December. The actor is reportedly shooting for around 15 days as part of patchwork and select new scenes being added to strengthen the narrative. According to reports, these additions include a few action sequences that the makers felt were essential to enhance the film's emotional and dramatic impact. While some patchwork was planned earlier, the decision to add fresh material came after Salman and the creative team realised certain moments could further elevate the storytelling.

The actor is said to be fully invested in ensuring the film meets high expectations and delivers a powerful cinematic experience. Director Apoorva Lakhia and the production team are confident that the final cut will be ready well ahead of the scheduled April 17 release.

Battle Of Galwan stars Salman Khan portraying Colonel Santosh Babu in 2020 Galwan clash, depicting heroic sacrifice of Indian soldiers on the frontline during battle. **—ETimes**

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Kannada dual debut

For perhaps the first time in Sandalwood, a Kannada film is set for a simultaneous release in theatres and on an OTT platform. Howdu Huliya will premiere both in cinemas and on the Talkies App, marking a departure from the conventional practice where films either opt for an exclusive theatrical release or arrive on OTT platforms after completing their theatre run.

Produced under the banner of Swayamprabha Entertainment and Productions, the makers say the hybrid release model is aimed at reaching a wider audience across Karnataka. Executive producer Smitesh said the banner, known for backing films such as Malgudi Days, Appe Teacher, and Love Cocktail, has decided to screen Howdu Huliya in more than 20 theatres while also making it available online.

Describing the film as an out-and-out comedy, Smitesh said it promises two hours of wholesome entertainment. Beyond humour, the film carries a message for overambitious individuals, stressing the importance of contentment and happiness in life.

Scheduled for release on January 30, the film features Vaijnath Biradar, Mimicry Gopi, Priya Savadi, Sooraj, Mallya Bagalkot, Santosh Rona, GG Umesh Kinnal, Danappa, and Sadananda. Aneesh Poojary directs, while Govinde Gowda has penned the story, screenplay, and dialogues.

Mavutha trailer launch

Lakshmipati Balaji, who produced the Kannada film Bari 10% Baddi in 2023, is making a return to Sandalwood after a two-year hiatus with Mavutha, in which he is not only supporting the project but also playing the lead role. The trailer of the film was unveiled recently at Sri Renukamba Preview Theater in the presence of politicians, police officers, and members of the film fraternity, who extended their best wishes to the team.

Speaking at the event, Balaji said Mavutha is set against a forest backdrop and was largely shot in natural surroundings. He highlighted the performance of Sagar, an elephant featured in the film, calling it one of the movie's biggest strengths. He said legendary elephant Arjuna, famous for carrying the Golden Howdah, inspired him to support the project, and he has dedicated the film to Arjuna, who died in December 2023. The film explores the emotional bond between an elephant and its mahout and has received clearance from the Animal Welfare Board.

Veteran Thriller Manju higlights five action sequences in Ravishnakar's Nag Mavutha film.